



Outreach Newsletter of The National Children's Study • Hinds County, MS

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Summer 2011

National Children's Study

The PI Corner

Sharon B. Wyatt PhD, CANP, FAAN
Principal Investigator

Prominent attorney and author, John W. Whitehead, once said, "Children are the living messages we send to a time we will not see." This emphasizes the importance of the National Children's Study--to ensure that the messages we send through our children

are ones of health and longevity. Toward that end, our Community Advisory Board and Outreach Team have been working on important messaging for the Hinds County NCS. You will be hearing much more about our "IN" campaign. Our children deserve an inheritance of health and well-being and that's why we all need to be IN partnership with the National Children's Study in H"IN"DS County.

We would like to welcome you to the summer 2011 edition of the newsletter for the Hinds County MS Study Location of The National Children's Study! We are eager to update you on what has proven to be an exciting time here at the Hinds County Study Center of the

Children are the living messages we send to a time we will not see.

John W. Whitehead

NCS. Since the last issue of the newsletter, we have successfully been in the field since February 2011 and we are proud to announce that we now have NCS Hinds County babies! As a Study Center we are extremely

BABY FAIR HIGHLIGHTS!



The National Children's Study Hinds County Study Location conducted its first Baby Fair in partnership with the Wal-Mart Super Center on Hwy. 18 in Jackson. Over 500 people attended the event on Saturday, April 9. The event featured local health care providers and public health educators that provided a wealth of health information to all who participated. Local celebrity and chair of the NCS Community Advisory Board, Maggie Wade-Dixon served as the emcee for the Children's Easter Fashion Show as a part of the day! We really do have darling children in Hinds County! Fun was had by all and many thanks to the wonderful Wal-Mart staff who showed their support for the NCS! Many more community activities are upcoming.



proud of our progression toward our goal of 100 babies in the Vanguard Study and another 1000 once we begin the Main Study.

In this issue of the newsletter the Team Spotlight will feature the NCS Outreach Team and the newly developed Youth Advisory Board. The Outreach Team has been hard at work paving the way for the NCS throughout the Hinds County community, provider offices, and hospitals. Our aim is to assure that everyone in the county knows about the NCS, that participants can hear about the Study at their health care provider office, and that all of our area hospitals are partners as NCS moms come there to deliver their precious babies. We want everyone to be IN.

Area churches are also crucial partners. The NCS and the Faith Advisory Board of our CAB are currently taking a Faith Based Tour of Hinds County. The faith based community in Hinds County is very critical to the NCS but also very important in the lives of our community. We would like to take this opportunity to invite all of the churches in Hinds County to join IN our efforts to let the community know about this incredible study.

And our health care and medical partners are another important part of the NCS. We are now partnering with obstetricians and gynecologists across the county and will soon begin talking with pediatricians, family practitioners and internal medicine providers to ask them to help spread the word about the NCS. We are working out all the necessary arrangements with each of the six birth hospitals in our county – UMHC is IN, St. Dominic's is IN the final stages, our HMA hospitals (Central Mississippi, River Oaks and River Oaks Women) and Baptist are all IN negotiation.

If you would like to find out more information about the NCS or if you are interested in participating please feel free to visit our local website at <http://centers.nationalchildrensstudy.gov/UMMC/Pages/default.aspx> or contact our local Hinds County Study Location at 601-815-8400 to learn more information about this incredible national undertaking. Many of you may have received NCS postcards to your homes, if you have received one, please call the NCS to let us know that YOU ARE IN! We want you to remember "Today they depend on us. Tomorrow depends on them."

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OUTREACH TEAM

The word 'outreach' is powerful. It means "to reach beyond; to exceed." The Hinds County MS Study Location of the National Children's Study is excited to introduce you to the team



From left: Stacy Leaumont, LaShondra Upkins, Zonzie McLaurin, Becky Martin

that strives to always reach above and beyond - the Outreach Team. The Outreach Team is a group of four members who bring a unique set of talents, knowledge and expertise to reach out to our local community agencies, hospitals, and provider groups. This team is charged with the special task of negotiating, forming and maintaining these vital relationships.

The team includes a Community Outreach Coordinator (Zonzie McLaurin), a Hospital Outreach Coordinator (Becky Martin), a Provider Outreach Coordinator (Stacy Leaumont), and an Outreach Specialist (LaShondra Upkins). Each arm of the team is different, but necessary for the other to succeed.

The Community Outreach Coordinator of the team is responsible for creating and maintaining a presence for the NCS throughout Hinds County. The NCS is very committed that no area of Hinds County goes untouched. It is

our goal to reach every school, church, day care center, and community agency in the entire county. Advertising, marketing and social media planning, placement and maintenance also fall under this arm of Outreach.

The Hospital Outreach Coordinator is charged with establishing essential relationships with our local partnering hospitals. These relationships are extremely important for the success of the NCS because we need to know when our NCS babies arrive in order to collect vital birth data.

The Provider Outreach Coordinator holds the distinctive task of developing and maintaining relationships with local Providers and their Provider groups. Provider Outreach is crucial for Hinds County. Without these relationships, our presence in provider offices would not be possible.

The Outreach Specialist is present for any and all support across the three arms of the Outreach Team. She is responsible for coordinating the Youth Advisory Board, creating and maintaining the NCS Resource Manual, assisting with social media and also serves as the Editor of the NCS Newsletter.

The Outreach Team wears a variety of hats in terms of roles and responsibilities. Without these vital relationships the success of the NCS would not be possible. We are excited to continue our venture into the local community, hospitals and provider offices and look forward to meeting you soon!

Welcome to Your Fit Pregnancy Corner

"Fit Pregnancy During Summer Months"

Zonzie McLaurin, MPH, BHSA, CSCS • Community Outreach Coordinator

WOW— it's hot, humid and you are pregnant! First, congratulations on being pregnant second have no worries; I'm going to provide you with some great tips to help you and your baby bump get the best out of this sticky season.

While unpleasant for most of us, the heat and humidity can take a greater toll on pregnant women. It is so important to put a little more effort on staying healthy, fit and safe during this time of year. Being pregnant, you already have some degree of heat intolerance because the blood flow increases during pregnancy. You are also carrying extra weight and fluid, therefore your body is working harder to cool off. Follow these tips to help you survive the summer months:

WORKOUT IN THE MORNING AND ENJOY INDOOR ACTIVITIES

Don't ditch your outdoor activities during the summer. It's good for you to get out and enjoy nature. Try to wake up early in the morning and go for a walk (be careful) before the sun rays become too intense, or head to your gym and participate in any of the specialized pregnancy classes (e.g. Yoga, Pilates, prenatal toning, etc.) or walk on the treadmill.



STAY HYDRATED: While pregnant you will require extra fluids to keep you and your baby healthy. It is important to drink lots and lots of water to stay hydrated. This keeps you from feeling irritable and fatigued. Don't over do it with water, because too much water can be as much of a problem as too little.

WEAR COOL, LIGHT CLOTHING: It's important to wear natural loose fabrics such as cottons – they are cooler and breathe better than synthetic fabrics. The lighter colors also reflect the sun's rays. Also, wear very comfortable shoes while pregnant. Try to avoid wearing high heels.

HEALTHY EATING: Be careful of the foods you eat. Some foods may contain bacteria that could harm your unborn baby. Stay away from a lot of processed and precooked foods. Eat tiny meals throughout the day that consist of lots of vegetables, fruits, good dairy products, and lean meats.



WATCH OUT FOR SWELLING: In hot weather, it is normal for feet and hands to swell a little. In general, it's nothing to be alarmed about, but you do want to watch it and the causes (i.e. what you're eating, standing too long, etc.).

GET PLENTY OF REST: I cannot stress the importance of getting plenty of rest while you are pregnant. Being pregnant in itself can be tiring, and combined with the summer heat, it can leave you feeling exhausted. Getting about 8 to 10 hours of sleep a night will help you feel better. Take mini naps throughout the day, if you can – they can be reviving.

Disclaimer:

Before you start any exercise routine, please consult your health care provider. S/he will make sure it is safe for you to start or continue a routine or program. Also make sure you notify your health care provider if you experience any type of injury, vaginal bleeding or leaking, shortness of breath, dizziness, chest pain, muscle weakness and regular contractions during exercise or at any time.

Provider Champions

Provider Champions are crucial to the success of the National Children's Study. In an effort to continue to engage our Providers and also inform the community of our local Provider involvement, we present to you the Provider Champion Spotlight!



Becky Bates

For this issue of the NCS newsletter, we're spotlighting Becky Bates, WHCNP. Becky Bates is currently a Women's Health Nurse Practitioner

in the Department of OB/GYN at the University of Mississippi Medical Center. Becky holds many certifications, including the National Certification Corporation (NCC) Board Certified Women's Health Nurse Practitioner, N.A.L.S. Neonatal Advanced Life Support, and S.T.A.B.L.E. (Neonatal continuing education program that focus on the post-resuscitation/pre-transport stabilization care of sick infants). Her professional memberships include the Mississippi Nurses Association, American Academy of Nurse Practitioner, and the National Association of Nurse Practitioners in Women's Health. We interviewed Becky to get to know her better and this is what we discovered:

What is your patient care "philosophy"?

Being healthy is such a blessing one that most of us take for granted, it is my mission to empower all my patients to take responsibility for their own health and ensure that they never take their health or themselves for granted.

What inspires you to be involved with the National Children's Study?

My two sons, who are my world! I would do anything to ensure their health, happiness and success. I feel this study will help us do just that for future generations.

What are some of the major challenges to children's health that you feel we are facing here in Hinds County and throughout the nation?

Of course poverty is major obstacle to healthcare access nationwide. Here in Mississippi poor nutrition and obesity are impacting the health of our children at alarming rates.

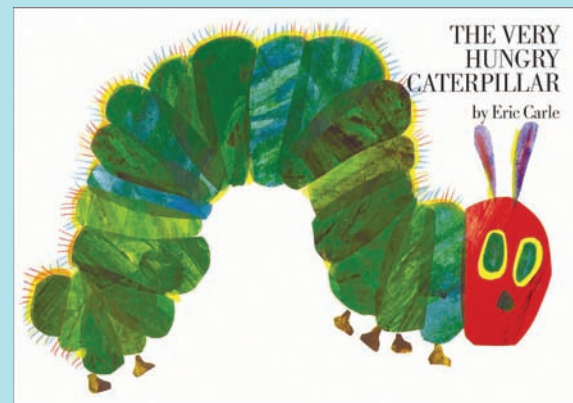
How do you see the National Children's Study benefitting your patients?

By identifying health trends and practices over time, the study will help us see what is working and what is not

so we can provide more effective programs and delivery of healthcare.

Where do you see the National Children's Study in 5 years?

I believe the National Children's Study is going to get lots of attention in the years to come as the data is collected. We are going to realize we have improved health in many ways but have a long way to go. Hopefully this study will give us a map of where to go next.



KIDS CORNER

Looking for a fun summer read, we're here for you! We would like to introduce you to "The Very Hungry Caterpillar" by Eric Carle. The book tells a story about a caterpillar who munches his way through a variety of foods. Recently, the American Academy of Pediatrics and a group affiliated with former President Bill Clinton used the book to help kids make nutritious food choices and lead healthier lives. In March of this year, more than 17,000 pediatricians were given special copies of the book, along with growth charts and parent handouts on healthy eating. The author, Eric Carle, says he hopes his caterpillar will be a friendly reminder for kids to grow healthy. Happy summer reading!

NATIONAL CHILDREN'S STUDY YOUTH ADVISORY BOARD



Engaging. Empowering.

Inspiring... those are just three, among many, words that can be used to describe the NCS Hinds County Youth Advisory Board (YAB)! The YAB is a dynamic group of high school, college, and professional students who are using their talents to engage the youth population in Hinds County. In support of the overarching Community Advisory Board (CAB), the YAB is helpful by forming essential relationships and dialogue between the NCS and the various study communities- specifically the Hinds County youth population. They also provide an important presence by offering community activities that promote healthy children. The YAB was established to engage and acknowledge the youth of Hinds County as a significant partner in the NCS. To achieve this, in collaboration with the local Boys & Girls Club of Central Mississippi, the YAB hosted a number of fun activities for the summer Club attendees. The activities included a "Hot Shots" basketball competition, 4th of July arts & crafts, an NCS etiquette party, and an NCS dance party. The YAB is made up of 8 members and we would like to introduce them to you!

■ **Ariel Dawkins**, a senior Therapeutic Recreation Major at Jackson State University, serves as the YAB Chair. Ariel's hometown is Jackson, MS and she is inspired to be a part of the YAB because "we help people promote, advocate, and encourage involvement with the National Children's Study." Ariel also enjoys being involved in the numerous YAB Community Service activities.

■ **Jared Taylor**, a fourth year medical student at the University of Mississippi Medical Center, serves as the YAB Co-Chair. Jared's hometown is Madison, MS and he is excited to be a part of the NCSYAB because of the tremendous impact on the community and the nation's children.

■ **Andrea Kyles**, a junior accounting major at Belhaven University, serves as the YAB secretary.



From left: Ariel Dawkins, Elizabeth Nichols, Jamilah Perkins, Jared Taylor, Kensheda Brown, Andrea Leigh-Ann Kyles Not Pictured: Tori Langworthy and Sara Todd

Andrea's hometown is Jackson, MS and she says what inspires her most about the NCS is that she "would like for current and upcoming parents to be knowledgeable of how to develop the best children possible."

■ **Kensheda "Shawn" Brown** is a sophomore Business Tech-Medical Office student at Holmes Community College, originally from Hermanville, MS. She is most passionate about children's health and is inspired to be involved in the NCS in order to make a difference in our children's future.

■ **Tori Langworthy** is a senior at Clinton High School with hopes of attending college to become a Special Education teacher. Originally from Clinton, MS, she wholeheartedly supports the NCS. She is inspired because the relationship between "NCS and the YAB is a huge step towards the improvement of the health of our children."

■ **Elizabeth Nichols** is a junior at Murrah High School with aspirations to attend college and major in Biology. Elizabeth's hometown is Jackson, MS and she says that "Being a part of the NCSYAB gives me a feeling of importance. It makes me feel as if I am really making a difference in my community even if that difference is minor."

■ **Jamilah Perkins** is a recent graduate of Tougaloo College and is currently a Post-Baccalaureate Medical Student at Meharry Medical College. Originally from Greenwood, MS her "passion to be a part of the NCS YAB stems from the influence youth play in shaping the world of tomorrow both economically and socially. Being a member allows me to contribute a voice of awareness to those issues affecting our youth of today and I am honored to work hand in hand with the NCS Community Advisory Board."

■ **Sara Todd**, originally from Terry, MS, is a junior at Terry High School. She has the dream of one day attending medical school to become a cardiologist. Sara "enjoys working with children and would like to have an impact on the future of Mississippi's children as I pursue my career in the medical field."

As you can see, we have a wonderful group of young people who are honored to be a part of the NCS YAB. If you are or know a local high school or college student that would like to seize this opportunity to be a part of this esteemed group of young leaders, please call LaShondra Upkins at 601-815-8412. Together we can make a difference in the health and development of children for generations to come.

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MISSISSIPPI STATE DEPARTMENT OF HEALTH

On behalf of the Hinds County MS Study Location, we would like to thank all of our local partnering institutions, providers, hospitals, advisory boards, and the community at large. Working together, we can help improve the health and development of children for generations to come.

Community Activities & Outreach

HindsCountyMS.nationalchildrensstudy.gov

